Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REVIEW FOR OPTION A TEST**

1. Explain what a nutrient is and why some of them are classified as “essential” while others aren’t.

2. What are the consequences of a diet low in protein?

3. What is PKU and what does it cause? Is there a treatment?

4. Compare:

a) saturated and unsaturated fatty acids

b) monounsaturated and polyunsaturated fatty acids

c) CIS and TRANS unsaturated fatty acids

5. What kind of fatty acid is omega-3?

6. What are the consequences of a diet rich in saturated fatty acids? What about unsaturated fatty acids?

7. Distinguish minerals and proteins.

8. What is the importance of vitamin C? Where can you get it? What is the consequence of not ingesting the recommended amount of vitamin C every day? What are the consequences of ingesting high amounts of vitamin C?

9. What is the importance of vitamin D? Where can you get it?

10. Explain the importance of adding iodine to salt.

11. List 3 reasons for adding fiber to your diet.

12. What is the energy content of carbs, fats and proteins?

13. Compare the main dietary sources of energy in different ethnic groups.

14. What are the health consequence of a diet rich in:

a) proteins b) carbs c) fats

15. How is appetite controlled by the brain?

16. How do you calculate body mass index? What are the four categories used to classify people based on their BMI?

17. What are the reasons for increasing rates of obesity?

18. What is anorexia nervosa? What are the consequences of it?

19. Review the components of each and explain why human milk is better than artificial milk.

20. List some of the benefits of breastfeeding.

21. What is diabetes type 2? List some of the symptoms associated with it. Suggest some dietary changes to someone with diabetes type 2.

22. How is cholesterol related to coronary heart disease?

23. What is the concept of food miles? Why should people choose foods based on “mileage”?

24. Review some of the ethical issues concerning the eating of animal products, including honey, eggs, milk and meat.